

**KEEP YOURSELF FIT!**

You can't afford to be laid up with sore, aching kidneys in these days of high prices. Some occupations bring kidney troubles; almost any work makes weak kidneys worse. If you feel tired all the time, and suffer with lame back, sharp pains, dizzy spells, headaches and disordered kidney action, use Doan's Kidney Pills. It may save an attack of rheumatism, dropsy, or Bright's disease. Doan's has helped thousands back to health.

**A Nebraska Case**

Delevan Bates, Burkett, Neb., says: "I don't know of any medicine I can recommend more highly than Doan's Kidney Pills. They have been an old standby with me ever since I came out of the army. I think the hardships endured during my military campaign had a lot to do with bringing on kidney complaint, and causing attacks of back-ache. I have always used Doan's Kidney Pills when I have felt my kidneys needed attention and they have greatly helped me."



Get Doan's at Any Store, 50c a Box  
**DOAN'S KIDNEY PILLS**  
FOSTER-MILBURN CO., BUFFALO, N. Y.

**SILK AN INDUSTRY OF INDIA**

One Million People in the Great Eastern Country Engaged in Its Production.

There are 1,000,000 people in India engaged in the production of silk. Caterpillars and moths of the mulberry silk industry of India are entirely domesticated creatures. The Indians collect the cocoons spun by caterpillars and allow them to hatch, an exchange states. The females are kept until they lay eggs and when the caterpillars are large enough they are placed on trees to feed. When a tree is stripped a piece of cloth is hung from a limb and the caterpillars crawl onto it and are moved to another tree.

Tassar or tussor silk comes from China and Japan. Muga silk is a product of Assam. Eri silk comes from caterpillars which feed on the castor oil plant. It is of great value in India, because it is the only silk that can be spun from cocoons without killing the insects in the cocoons and is therefore the only silk that can be worn by a strict Hindu.

**Magnanimous.**

The Mayor—Have you heard, Mr. Roche, that our generous townsman, Mr. Harding, is defraying the cost of a new promenade all round the town. We think a wealthy man like yourself might also do something for us.

Mr. Roche—Well, what do you say to my giving you a park of oak trees?

The Mayor—Oh, you noble-hearted philanthropist! Why, do you really mean to—

Mr. Roche—Yes! I'll make the town a present of an oak forest. You have only to find the land and I will supply you with as many acorns as you may want for seed!

**Certain Proof.**

"There's one thing I'm thankful for," said Mrs. Crosslots. "My John is never gone to be one of them bolshivers."

"How do you know?"  
"Well, of course I'm not sure how people go about it to bolshiv. But I understand it's largely done by spreadin' flames, an' I don't believe there's a man on earth that hates the idea of gettin' up an' startin' a fire worse than John."

**No Help.**

"Now that the war is over I dare say your boy can write you where he is located in France."

"Oh, yes," said Mr. Cobbles, "but the information doesn't do me an' mother any good. He might just as well say he's 'somewhere in France.' The names of them French villages don't mean anything to people who've never been outside of the state they were born in."—Birmingham Age-Herald.

**A Little Learning, Etc.**

"My husband says he cannot understand women."

"My husband says after a man does understand women he wishes he didn't."—Boston Evening Transcript.

**Ought to Be.**

Mrs. Henpeck—Do you think a Mormon, with five wives can be happy?

Mr. Henpeck—Well, he has five chances to my one.

**Thought So.**

"Is this business of yours a paying one?"

"People must think so from the way they are sending their bills in."

**That Explains It.**

"Yonder dog has such a down-and-out look."

"No wonder. His name is Kaiser."

**Her Maiden Campaign.**

"Did you say the ring's a war relic, Mabel?" "Yes, I won it in my first engagement."

**At the Hospital.**

"How is the marine doing with the floating kidney?"

"Oh, he's coming on swimmingly."

**Mean Intimation.**

"Mr. Jones says he would die for me."

"How can he when he's bald?"

**Your Eyes**  
A Wholesome, Cleansing, Refreshing and Healing Lotion—Murine for Redness, Soreness, Granulation, Itching and Burning of the Eyes or Eyelids. "I Dropped After the Movies, Murine or Gold" will win your confidence. Ask Your Druggist for Murine when your eyes need care. M. I. Murine Eye Remedy Co., Chicago

**Requisites for Summer Outing**



The call of the wild makes itself heard in the cities but finds few listeners in the rural districts. There the call of gay summer resorts entices those who have had enough of solitude and are looking to be refreshed by companionship rather than quiet. The shops are full of outfittings to suit the needs of everybody bound everywhere, whether to the wilderness, the mountains, the sea or cityward and it is noteworthy that stout service suits find a place in all displays. These are intended for women who will camp, climb, tramp, ride and enjoy living out doors for a time this summer, and they are the straws that show the direction of the wind; for all the best outfitters have inexpensive outing suits of this kind.

A suit that will do to live in, come what may in way of weather and roughing it, is shown above at the right. It provides knickerbockers with leggings attached, a detachable skirt

that buttons at the front, and a good-looking coat with big patch pockets. One can imagine the blouse of brown linen, pongee, cotton or shirting silk and whatever stout boots are comfortable. The hat might be of cloth, felt or straw so long as it fits well and shades the eyes a little.

Where no very strenuous demands are to be made upon an outing dress, the outfit at the left may be chosen to fit in with almost any background. It has a skirt of strong ribbed silk bound with a plain wool cloth and a coat of the same material as this binding. Large buttons are set down the front by way of ornament for the skirt and the coat is finished with shawl collar and patch pockets. There is an odd bag to match this coat, that will carry a good many things—as a little lunch, a book, writing requisites, or a bit of needlework. A Panama hat fits into the scheme of things here and carries a sash about its crown.

**New and Versatile All-Day Dress**



The days are not long enough for all the affairs of up-to-date, busy women, and so they are providing themselves with time-saving expedients. A new and versatile dress, called "the all-day dress," is one of these modern conveniences. It must do duty from the beginning of the business day until the end of the same at least, and may be longer. Designers are called upon to keep in mind that the all-day dress must be informal enough for morning wear and smart enough for afternoon; helped out with certain accessories it will pass for all hours and occasions in everyday affairs. They have worked out their task in several ways, and one example of their successful effort is pictured here.

This is a plain one-piece frock of wool trimmed with narrow braid and angora cloth.

It is belted across the front and has a semifitted bodice, with skirt set on at the back. The coat sleeves that button along the forearm, the plain neck finish and the long skirt are items that are approved in present fashions. It is the trimming of nar-

row braid and angora cloth that gives this dress distinction. It is original and effective and looks "tailored," therefore appropriate for street wear. This is only one of many smart and practical frocks for street wear. In some of them serge and satin are combined with embroidery as an embellishment. If embroidery is left out a rich sash may be added or the frock, no matter how quiet in color, achieve distinction by originality in cut, chic lines and a hint of a wrap in the bodice. We may look for very novel things now that costumers have in mind all-day frocks that will replace the tailored suit. They will brighten and add interest to our streets and save time for women who must attend to many things.

*Julie Bottonaly*  
Much Trimmed Hats.

It is at least ten years since hats were trimmed as profusely as many of the summer hats will be, so the milliners say.

**Home Town Helps**

**IDEAS FOR THE PUBLIC PARK**

Points That Should Be Given Consideration Before the Final Plans Are Made.

In the landscape architect's ideal conception of an acre of park for every hundred inhabitants, there is no guide for calculating park space appropriate to a town of 5,000. It is evident that an acre, more or less, would not be a determining factor in its value. The problem of relative size is really a local one, its answer depending on the community's facilities for outdoor enjoyment, on the benefits that will accrue to it by the acquisition of a park, and on the specific idea which lies behind the desire for a park.

Camping and picnicking, two legitimate park uses, both suggest an appeal to the motorist. A good camp site is pre-eminently adapted to the attraction of strangers, thereby bringing some added trade to the town merchants. For the campers good drainage is essential.

A fitting entrance is the first important consideration. If the park is near the business section of the town, extending the approach to the main street by means of a parking strip planted to trees is very effective. Such a strip, extending for one block along



Brick Pillars, Elaborated into a Pergola at One Side and Carrying a Lantern at the Other, Form a Very Effective Entrance.

the middle of the street from the park entrance, with pillars of suitable design at the end, will cost not less than \$500. Formal park entrance pillars of brick or stone may be elaborated to a vine-draped pergola on each side, costing complete at least \$350. Or a rustic entrance, to harmonize with a wooded area, may be constructed of timber from the clearing of the site. Only sound logs and limbs of durable wood should be used. For such an entrance of appropriate size, 200 hours of labor must be allowed.—Popular Mechanics Magazine.

**BUILD ON RIGHT PRINCIPLES**

United States Housing Corporation Gives Outline of Plans Made for the Future.

Women are to be consulted in the planning of homes in after-the-war building, according to the announced policy of the United States Housing corporation.

"When our men want to find out what plan to follow in building a workman's home they usually talk it over with headquarters," according to a statement by the United States Housing corporation. "Headquarters they find invariably in the kitchen. The greatest housing experts are the housewives themselves. They know when arrangements are convenient and where steps may be saved in the daily routine of work. Many of our standards representing the greatest convenience and the greatest beauty that the money invested will buy are the result of home-need suggestions from women."

"In all building projects the government's standards have been placed on a high plane. The women of the country will see to it that in future private development must measure up to these standards. All specifications for drainage, ventilation, lighting and kitchen fittings must be maintained on the present level. No slump back into the prewar tenement will be tolerated by the workers. In all future building projects, whether sponsored by the government or by individuals, every house will be required to have a maximum of light and air."

**Municipal Forest Parks.**

That municipal forests could profitably be established by many cities is the opinion of Edmund Seerest, forester at the Ohio experiment station. His opinion is based upon the fact that there are many municipal forests in New England and that such woodlands have been established in Europe for 500 years.

"Many municipalities have areas of rough or hilly lands near their limits, which in many cases may be already partially covered with native forests. In other sections planting could be done to reforest cleared land, which could easily be converted into a forest park."

**Building Workers' Dwellings.**

As many workers in Galt, Ont., are compelled, owing to the dearth of houses, to have their homes in surrounding towns and villages, the city council is applying to the government for a loan of \$250,000 under the conditions named in the provincial housing act. The appropriation will be used to build a hundred dwellings.

**WRIGLEY'S**

5c a package before the war

5c a package during the war

5c a package NOW

THE FLAVOR LASTS SO DOES THE PRICE!



**MOTORS INSTEAD OF DOGS**

Trip Over the Cascades in a Gasoline Sleigh Was a Distinct Success.

A spectacular trial trip was recently made across the Cascades in a motor sleigh, and a number of photographs, taken at various stages of the journey, are reproduced in Popular Mechanics.

The achievement of the motor sleigh was almost as amazing as that of the first army tank, conquering, as it did, all kinds of obstacles. Skimming the surface of snowfalls, old or new, the strange little vehicle broke its way through primeval passes with never a stumble. The rescue of an automobile, hopelessly stalled in the drifts of Snoqualmie pass, was a mere incident in its progress. Crossing a deep gully on a pair of hemlock poles was but one of the day's adventures. The intended substitution of the motor sleigh for the dog drawn sledges of Alaska's snow-bound post trails means more to the people of that great territory than may be generally realized. Jack London and others have limned the malemute as a romantic figure; but the followers of the trail know well he is never that. It is the elimination of much human hardship, as well as canine inefficiency, that recommends the gasoline method.

Quick Action Called For. When an angler drops a line he hopes to get an answer right away.

**Time's Changes.**

"Times shore change," philosophically said Gap Johnson of Rumpus Ridge. "Just tuther day, as it were, nobody thought anything in pertickler if a feller took a demijohn to church under the back seat of his wagon, and after the sermon had grown sorter tiresome winked a few of his friends outside to help him lap it up and fool around and swap horses and mebbey fight a little in a general way."

"But now, by grit, if he even smells of patent medicine on a week day he's got to produce the omenick and pint out the place whur it says he's got the deadly disease that he claims to have taken the medicine for."—Kansas City Star.

**Proud of His "Profession."**

"Burglars who served in the army are going back to their old trade," said a London police official the other day. "These men deliberately elect to live by stealing because they find it adventurous. It was with the same spirit that they joined the army. At least one convicted burglar won the Victoria cross." Confirmation of this characteristic is provided by a captain in a famous fighting regiment, who declares that one of the bravest men in his company, a corporal with a D.C.M. and other honors, declared himself a professional thief. "His one regret," remarked the officer, "was that the recruiting authorities would not let him describe his occupation on his attestation papers as 'burglar!'"

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for its uniformly high grade of flavor, its always steady and fair price, and its economy—

**POSTUM CEREAL**

If you want a satisfying beverage that will stop complaints about "poor coffee" or the "high price" of coffee, start using Postum and note results.

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